

USDA National Nutrient Database for Standard ReferenceRelease 26

Nutrients: Vitamin E (alpha-tocopherol) (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 27, 2013 11:00 EST

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	69.15
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	49.05
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	49.05
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	40.77
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	40.77
12061	Nuts, almonds	143.0	1.0 cup, whole	36.65
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	34.44
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	33.41
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	33.41
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	32.98
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	32.98
08504	Cereals ready-to-eat, Ralston Enriched Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	23.33
04038	Oil, wheat germ	13.6	1.0 tablespoon	20.32
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	20.17
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	20.17
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	20.12
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	20.09
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	20.09
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	19.46
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.28
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar	55.0	1.0 bar	16.78
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar	55.0	1.0 bar	16.78
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	16.64
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	16.18
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	15.40
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors	55.0	1.0 bar	15.14
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	14.99
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	13.82
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	13.82

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	13.61
08612	Cereals ready-to-eat, KELLOGG's FIBERPLUS Berry Yogurt Crunch	53.0	1.0 cup (1 NLEA serving)	13.59
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	13.55
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	13.54
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	13.51
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	13.51
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	13.50
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.50
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry Crunch	58.0	1.25 cup (1 NLEA serving)	13.50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	13.50
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	13.50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	13.50
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	13.50
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	13.50
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	13.50
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	13.44
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	13.32
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	13.27
12147	Nuts, pine nuts, dried	135.0	1.0 cup	12.60
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.30
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	12.26
16087	Peanuts, all types, raw	146.0	1.0 cup	12.16
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	12.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	11.81
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	10.48
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	10.48
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	10.12
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	10.10
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	9.99
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	9.95
16104	Bacon, meatless	144.0	1.0 cup	9.94
16095	Peanuts, virginia, raw	146.0	1.0 cup	9.58
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	8.79
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	8.64

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	8.04
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	8.00
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	7.97
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	7.62
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	7.50
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	7.50
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	7.42
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	7.08
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	7.04
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.93
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	6.86
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	6.75
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	6.74
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	6.74
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	6.48
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	6.47
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 pieces	6.43
04532	Oil, hazelnut	13.6	1.0 tablespoon	6.42
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	6.16
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	6.12
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	85.0	1.0 cup	6.12
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	6.12
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	5.98
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	5.95
20060	Rice bran, crude	118.0	1.0 cup	5.81
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.79
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	5.76
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	5.75
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.63
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	5.63
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.60
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	5.59
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	5.59
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	5.59
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	5.59

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11349	Poi	240.0	1.0 cup	5.52
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	5.42
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	5.39
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	5.34
04529	Oil, almond	13.6	1.0 tablespoon	5.33
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	5.21
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	4.96
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.92
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.92
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	4.83
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	4.80
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	4.80
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	4.79
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	4.74
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	4.74
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	4.73
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	4.72
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	4.71
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	4.70
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	4.64
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	4.64
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	4.53
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.53
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	4.52
14605	Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	4.50
43128	Chicken, meatless	168.0	1.0 cup	4.50
14623	V8 V. FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	4.50
21509	BURGER KING, Onion Rings	91.0	1.0 small	4.48
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.44
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	4.44
08563	Cereals ready-to-eat, KASHI Granola, COCOA BEACH cereal	55.0	0.5 cup (1 NLEA serving)	4.42
04037	Oil, rice bran	13.6	1.0 tablespoon	4.39
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	4.36
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.33
90560	Mollusks, snail, raw	85.0	3.0 oz	4.25

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	4.24
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	4.15
20035	Quinoa, uncooked	170.0	1.0 cup	4.15
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	4.12
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.12
11683	Carrot, dehydrated	74.0	1.0 cup	4.03
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	4.03
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	4.03
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	3.96
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	3.95
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	3.92
04517	Oil, grapeseed	13.6	1.0 tablespoon	3.92
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	3.88
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	3.88
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	3.88
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	3.88
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.87
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.87
11878	Taro, cooked, with salt	132.0	1.0 cup slices	3.87
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	3.87
12071	Nuts, almond paste	28.35	1.0 oz	3.84
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.82
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.80
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	3.80
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	3.74
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	3.74
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	3.73
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	3.72
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	3.69
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	3.66
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	3.66
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	3.62
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	3.61
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	3.58

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	3.52
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	3.51
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	3.50
20063	Rye flour, dark	128.0	1.0 cup	3.49
11549	Tomato products, canned, sauce	245.0	1.0 cup	3.48
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	3.48
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	3.47
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	3.47
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	3.44
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.42
36016	Restaurant, family style, shrimp, breaded and fried	135.0	1.0 serving	3.40
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	3.40
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	3.40
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	3.38
08618	Cereals ready-to-eat, KELLOGG'S Pops MiXit cereal, all flavors	30.0	1.0 cup (1 NLEA serving)	3.38
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	3.38
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	3.38
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	3.37
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.36
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.36
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	3.35
11245	Lambquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.33
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	3.31
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.31
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.31
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	3.30
36036	Restaurant, family style, onion rings	259.0	1.0 serving	3.29
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.28
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	3.28
21268	TACO BELL, Nachos	80.0	1.0 serving	3.26
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.26
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	3.26
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	3.25
83110	Fish, mackerel, salted	136.0	1.0 cup, cooked	3.24

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
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19410	Snack, potato chips, made from dried potatoes, plain	28.35	1.0 oz	3.23
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	3.22
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	3.22
19524	Snacks, taro chips	28.35	1.0 oz	3.21
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	3.17
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.10
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	3.08
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	3.08
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	3.07
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	3.05
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.04
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	3.04
43382	Cranberry juice, unsweetened	253.0	1.0 cup	3.04
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.03
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	3.03
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	3.02
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	3.02
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	3.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	2.98
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	2.98
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	2.96
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.96
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	2.96
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	2.96
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.95
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.95
08566	Cereals ready-to-eat, KASHI Granola, MOUNTAIN MEDLEY cereal	55.0	0.5 cup (1 NLEA serving)	2.95
43134	Vegetarian fillets	85.0	1.0 fillet	2.93
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.88
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	2.88
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	2.88
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2.84
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	2.84
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.84
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	2.84

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	1.667 tbsp (1 NLEA serving)	2.83
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	2.83
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.81
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	2.81
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.79
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	2.79
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	2.78
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	2.78
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	2.78
11514	Sweet potato, canned, mashed	255.0	1.0 cup	2.78
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	2.77
15110	Fish, swordfish, raw	136.0	1.0 piece (4-1/2" x 2-1/8" x 7/8")	2.75
11655	Carrot juice, canned	236.0	1.0 cup	2.74
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	2.71
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	2.71
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	2.71
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	2.70
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.70
14614	V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	2.70
14618	V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	2.70
14607	V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	1.0 serving 8 oz	2.70
14611	V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	2.70
14615	V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	2.70
14619	V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	2.70
14612	V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	2.70
14616	V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	2.70
14613	V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	2.70
14617	V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	2.70
14610	V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	2.69
14608	V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	2.69
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2.69
14609	V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	2.69
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	2.69
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	162.0	5.7 oz	2.67
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	2.66

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	2.65
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	2.64
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	2.64
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	2.64
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	2.63
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	2.63
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.63
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2.61
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2.61
04534	Oil, babassu	13.6	1.0 tbsp	2.60
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.60
11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.60
11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.60
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.59
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	2.58
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	2.58
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	2.58
19415	Snacks, potato sticks	28.35	1.0 oz	2.58
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.58
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	2.57
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.56
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	2.55
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	2.55
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2.54
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	2.54
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	2.52
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.52
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	2.51
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2.50
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2.50
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	2.50
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	2.50
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	2.49
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	2.49

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43132	Meatballs, meatless	144.0	1.0 cup	2.49
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	2.48
11518	Taro, raw	104.0	1.0 cup, sliced	2.48
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	2.44
04582	Oil, canola	14.0	1.0 tbsp	2.44
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.44
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	2.43
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	2.43
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2.43
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	2.42
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	2.42
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	2.41
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	2.39
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	2.37
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	2.37
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.37
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	2.35
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	2.33
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	2.31
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.30
20001	Amaranth, uncooked	193.0	1.0 cup	2.30
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.28
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.25
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.25
09043	Blackberry juice, canned	250.0	1.0 cup	2.25
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.23
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	2.23
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	2.22
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.22
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	2.22
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.22
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	2.22
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.21
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.21
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	2.21

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	2.20
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.20
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds	57.0	0.5 cup (1 NLEA serving)	2.19
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	2.19
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	2.19
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	2.18
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.18
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	2.18
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	2.17
04055	Oil, palm	13.6	1.0 tbsp	2.17
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.17
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	2.16
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.16
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	2.16
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	2.16
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2.16
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	2.15
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	2.14
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	2.14
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	2.14
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	2.12
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	2.12
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.12
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.12
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	2.12
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	2.12
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	2.12
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.12
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	2.09
42289	Oil, corn and canola	14.0	1.0 tbsp	2.08
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	2.08
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	2.07
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	2.07
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	2.07

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.07
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	2.06
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	2.04
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	2.04
36031	DENNY'S, onion rings	166.0	1.0 serving	2.04
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	2.03
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	2.02
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	2.02
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.02
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	2.02
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	2.02
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	2.02
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	2.02
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	2.02
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.01
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.01
36007	T.G.I. FRIDAY'S, French fries	184.0	1.0 serving	2.01
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	2.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	2.00
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	2.00
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.00
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.99
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.99
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.98
11298	Parsnips, raw	133.0	1.0 cup slices	1.98
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.98
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	1.98
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	1.98
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.96
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.96
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.96
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.96
04588	Oil, oat	13.6	1.0 tbsp	1.96

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.95
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	1.95
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.95
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	1.94
21322	McDONALD'S, Warm Cinnamon Roll	105.0	3.7 oz	1.94
20074	Wheat, hard white	192.0	1.0 cup	1.94
20071	Wheat, hard red spring	192.0	1.0 cup	1.94
20072	Wheat, hard red winter	192.0	1.0 cup	1.94
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	1.94
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.93
19411	Snacks, potato chips, plain, salted	28.35	1.0 oz	1.91
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.90
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.90
20090	Rice flour, brown	158.0	1.0 cup	1.90
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.89
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	1.89
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.89
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	1.87
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	1.86
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.86
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.86
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.85
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	1.85
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.84
15077	Fish, salmon, chinook, smoked	136.0	1.0 cup, cooked	1.84
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1.84
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	1.82
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.82
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.82
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	1.82
21249	BURGER KING, French Fries	74.0	1.0 small serving	1.81
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.80
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, unthawed	1.80
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.79
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	1.79

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.78
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1.77
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.77
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.76
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.75
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.75
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	1.73
20069	Triticale	192.0	1.0 cup	1.73
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	1.73
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1.72
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	1.71
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.70
36014	Restaurant, family style, French fries	170.0	1.0 serving	1.70
20075	Wheat, soft white	168.0	1.0 cup	1.70
20073	Wheat, soft red winter	168.0	1.0 cup	1.70
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.69
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.69
09042	Blackberries, raw	144.0	1.0 cup	1.68
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.68
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.68
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.68
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.68
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	1.67
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	1.67
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	1.67
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	1.66
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	1.66
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	1.65
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	1.65
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	1.65
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	1.65
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.64
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.64
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	1.63
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.63

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.63
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1.63
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	1.62
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.62
36610	DENNY'S, French fries	165.0	1.0 serving	1.62
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.62
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.61
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.61
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	1.61
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1.61
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.61
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.61
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	1.61
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.60
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1.60
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.59
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	1.59
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.58
11568	Turnip greens, raw	55.0	1.0 cup, chopped	1.57
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	1.57
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	1.57
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	1.56
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	1.56
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.56
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.56
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1.56
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.56
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.56
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1.56
20067	Sorghum	192.0	1.0 cup	1.56
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.55
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.55
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	1.55
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	1.55
04514	Oil, poppyseed	13.6	1.0 tablespoon	1.55

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.55
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	1.55
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.55
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.54
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.54
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.54
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.53
36002	APPLEBEE'S, French fries	164.0	1.0 serving	1.53
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	1.53
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.52
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.52
11011	Asparagus, raw	134.0	1.0 cup	1.51
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.51
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1.51
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.51
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	1.51
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	1.49
21320	McDONALD'S, Scrambled Eggs	102.0	2.0 eggs 3.6 oz	1.49
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.49
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.49
09176	Mangos, raw	165.0	1.0 cup pieces	1.48
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	1.48
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.48
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	1.47
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	1.47
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.47
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.47
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.46
11973	Beans, fava, in pod, raw	126.0	1.0 cup	1.46
20064	Rye flour, medium	102.0	1.0 cup	1.46
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.46
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.46
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.46
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	1.46
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.45

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.45
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	1.45
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1.45
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.44
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.44
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	1.44
20062	Rye	169.0	1.0 cup	1.44
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.43
25027	Snacks, plantain chips, salted	28.35	1.0 oz	1.43
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.43
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	1.42
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	1.0 cup (1 NLEA serving)	1.42
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	1.0 cup (1 NLEA serving)	1.42
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	1.42
11508	Sweet potato, cooked, baked in skin, without salt	200.0	1.0 cup	1.42
21247	WENDY'S, French Fries	71.0	1.0 kid's meal Serving	1.42
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.42
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.42
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	1.42
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	1.42
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	1.42
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.41
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.41
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.41
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup	1.41
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.40
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.40
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.40
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.40
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	1.40
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	1.40
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.40
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	1.40
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.39
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.38

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	1.38
09021	Apricots, raw	155.0	1.0 cup, halves	1.38
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	1.38
20140	Spelt, uncooked	174.0	1.0 cup	1.37
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.37
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	1.36
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.36
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.36
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	1.36
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.36
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	1.36
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.35
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	1.35
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.35
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.35
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	1.35
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	1.35
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	1.35
43299	Soybean, curd cheese	225.0	1.0 cup	1.35
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	1.35
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	1.35
14031	Beverages, PEPSICO, SoBe Lifewater	240.0	8.0 fl oz	1.34
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.34
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1.34
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	1.34
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	1.33
16059	Chili with beans, canned	256.0	1.0 cup	1.33
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	1.32
09078	Cranberries, raw	110.0	1.0 cup, chopped	1.32
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.32
20088	Wild rice, raw	160.0	1.0 cup	1.31
09143	Guava sauce, cooked	238.0	1.0 cup	1.31
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.31
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	1.31

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	1.31
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.30
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.30
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1.30
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	1.30
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.30
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	1.29
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.29
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	1.29
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.28
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.28
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.28
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1.28
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.28
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.28
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1.28
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	1.28
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.28
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	1.28
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.28
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.27
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.27
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.27
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.27
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	1.27
11658	Spinach souffle	136.0	1.0 cup	1.26
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.26
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.26
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	1.26
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	1.26
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	1.26
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	1.26
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.26
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.25
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.25

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1.25
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	1.25
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.25
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	1.24
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	1.23
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.23
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.23
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.23
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1.23
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1.23
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.23
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.22
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	1.22
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.22
09190	Mulberries, raw	140.0	1.0 cup	1.22
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	1.21
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1.21
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	1.21
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	1.21
22994	KASHI, STEAM MEAL, Spinach Artichoke Pasta, Frozen Entree	269.0	1.0 package	1.21
43136	Vegetarian stew	247.0	1.0 cup	1.21
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1.21
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.21
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	1.21
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.21
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	1.20
09139	Guavas, common, raw	165.0	1.0 cup	1.20
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.20
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.20
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	1.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.20
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1.20
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.20
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	1.19
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.19

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	1.19
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.19
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.19
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	1.19
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	1.19
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.19
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	1.18
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.18
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	1.17
20070	Triticale flour, whole-grain	130.0	1.0 cup	1.17
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.17
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.17
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	55.0	1.0 cup (1 NLEA serving)	1.17
20137	Quinoa, cooked	185.0	1.0 cup	1.17
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	1.17
21409	Fast foods, bagel, with ham, egg, and cheese	191.0	1.0 item	1.17
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.16
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	1.16
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.16
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	1.16
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	1.16
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	1.16
19147	Candies, peanut bar	28.35	1.0 oz	1.16
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	1.16
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.16
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	1.16
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	1.16
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.15
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.15
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	1.15
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.15
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.15
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	1.15
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.14
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.14

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	1.14
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.14
21326	McDONALD'S, McDONALDLAND Cookies	57.0	2.0 oz	1.14
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	1.14
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.13
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.13
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.13
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.13
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	1.13
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.13
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1.13
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.12
09236	Peaches, raw	154.0	1.0 cup slices	1.12
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.12
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.12
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.12
01253	Cheese, pasteurized process, American, without added vitamin D	140.0	1.0 cup, diced	1.12
09083	Currants, european black, raw	112.0	1.0 cup	1.12
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1.12
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	1.12
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.12
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	1.11
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	1.11
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	1.11
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	1.11
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	1.11
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	1.11
43129	Fish sticks, meatless	28.0	1.0 stick	1.11
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.10
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.10
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.10
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	1.10
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	1.10
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	1.10
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	1.10

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	1.10
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	1.10
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	1.10
09191	Nectarines, raw	143.0	1.0 cup slices	1.10
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.10
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	1.09
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	1.09
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1.09
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.09
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.09
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	1.08
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.08
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.08
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	1.08
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	1.08
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.08
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	1.08
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	1.07
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.07
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	1.07
09302	Raspberries, raw	123.0	1.0 cup	1.07
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.07
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	1.07
21460	McDONALD'S, Biscuit, large size	90.0	1.0 item 3.2 oz	1.06
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.06
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	1.06
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	1.06
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.06
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	1.06
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.06
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	1.06
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.05
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.05
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.05
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	57.0	1.0 cup	1.05

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
20004	Barley, hulled	184.0	1.0 cup	1.05
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	1.05
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.05
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.04
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	1.04
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.04
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	1.04
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.04
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	1.04
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.04
15094	Fish, shad, american, raw	85.0	3.0 oz	1.04
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	1.04
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.04
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.03
11233	Kale, raw	67.0	1.0 cup, chopped	1.03
21127	Fast foods, coleslaw	191.0	1.0 cup	1.03
02009	Spices, chili powder	2.7	1.0 tsp	1.03
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	1.03
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	1.03
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	1.02
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	1.02
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.02
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.02
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.02
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1.02
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.02
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.02
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	1.02
21139	Fast foods, potato, mashed	242.0	1.0 cup	1.02
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	1.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	1.00
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	1.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.00
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	1.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.99
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	0.99
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.98
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.98
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.98
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98
21238	McDONALD'S, French Fries	71.0	1.0 small serving	0.98
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.98
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.98
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.97
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.97
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.97
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.97
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.97
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.97
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.96
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.96
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.95
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.95
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.95
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.95
20033	Oat bran, raw	94.0	1.0 cup	0.95
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.95
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.95
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.95
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.95
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.95
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.94
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.94
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.94
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.94
16069	Lentils, raw	192.0	1.0 cup	0.94

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.94
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.94
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.94
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.94
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.93
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.93
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.93
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.93
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.93
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.93
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.92
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.92
20131	Barley malt flour	162.0	1.0 cup	0.92
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.92
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.92
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.92
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.92
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.92
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.92
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.92
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.91
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.90
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.90
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.90
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.90
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.90
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.90
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.90
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.90
21317	McDONALD'S, Biscuit, regular size	76.0	1.0 item 2.7 oz	0.90

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.90
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.89
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	0.89
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.89
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.89
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.89
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.89
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.89
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.88
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.88
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	0.88
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.88
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.88
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.88
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.87
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.87
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.87
20077	Wheat bran, crude	58.0	1.0 cup	0.86
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.86
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.86
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.86
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.86
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.86
15105	Fish, sturgeon, mixed species, cooked, dry heat	136.0	1.0 cup, cooked	0.86
11976	Pepper, banana, raw	124.0	1.0 cup	0.86
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.86
21387	BURGER KING, Hash Brown Rounds	77.0	1.0 serving small	0.85
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.85
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.85
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.85
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.85
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.85
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.85

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
22971	Potato salad with egg	125.0	0.5 cup	0.85
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.85
20065	Rye flour, light	102.0	1.0 cup	0.85
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.85
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.85
11124	Carrots, raw	128.0	1.0 cup chopped	0.84
20130	Barley flour or meal	148.0	1.0 cup	0.84
09050	Blueberries, raw	148.0	1.0 cup	0.84
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.84
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.84
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.84
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.84
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.84
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.84
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.84
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.83
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.83
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.83
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.83
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.83
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.82
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.82
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.82
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.82
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.82
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.82
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.82
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.82
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.82
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.82
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.82
11161	Collards, raw	36.0	1.0 cup, chopped	0.81
20014	Corn, yellow	166.0	1.0 cup	0.81
43476	Tofu yogurt	262.0	1.0 cup	0.81

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.81
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.81
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.81
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.81
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.80
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	0.80
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.80
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.80
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.80
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.80
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.80
18237	Cream puffs, prepared from recipe, shell (includes eclair)	28.35	1.0 oz	0.80
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.80
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.79
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.79
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.79
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.79
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	28.0	1.0 piece (1/8 of 9" crust)	0.79
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.79
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.79
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.79
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.79
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.78
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.78
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.78
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.78
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.78
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.78
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.78
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.78
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.78
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.78
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.78
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.78

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.78
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.78
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.78
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.78
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.78
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.78
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.78
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.78
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.78
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.78
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.78
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.78
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.78
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.77
11098	Brussels sprouts, raw	88.0	1.0 cup	0.77
43109	Pretzels, soft	143.0	1.0 large	0.77
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.77
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.77
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.77
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.77
16157	Chickpea flour (besan)	92.0	1.0 cup	0.76
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.76
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.76
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.76
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.76
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.76
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.75
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.75
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.75
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.75
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.75
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.75
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.75
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.75

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.75
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.75
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.75
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.75
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.75
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.74
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.74
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.74
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.74
01090	Milk, dry, whole, with added vitamin D	128.0	1.0 cup	0.74
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.74
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.74
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.74
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.74
08565	Cereals ready-to-eat, KASHI Granola, Summer Berry cereal	55.0	0.5 cup (1 NLEA serving)	0.74
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.74
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.73
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.73
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.73
20132	Oat flour, partially debranned	104.0	1.0 cup	0.73
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.73
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.72
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.72
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.72
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.72
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.72
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.72
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.72
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.72
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.72
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.72
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.72
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.72
18972	Bread, cheese	48.0	1.0 slice	0.72
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.72

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.72
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.72
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.72
43114	Vermicelli, made from soy	140.0	1.0 cup	0.71
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.71
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.71
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.71
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	0.71
11090	Broccoli, raw	91.0	1.0 cup chopped	0.71
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.71
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.71
21419	KENTUCKY FRIED CHICKEN, Biscuit, analyzed prior to January 2007	52.0	1.0 biscuit	0.71
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.70
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.70
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.70
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.70
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.70
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.70
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.70
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.70
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.70
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.70
21026	Fast foods, potatoes, hashed brown	72.0	0.5 cup	0.70
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.70
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.70
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.70
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	0.70
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.69
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.69
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.69
03217	Zwieback	28.35	1.0 oz	0.69
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.69
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	0.69
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.69
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.69

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.69
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.69
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.69
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.69
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.69
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.68
11527	Tomatoes, green, raw	180.0	1.0 cup	0.68
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.68
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.68
36030	DENNY'S, hash browns	124.0	1.0 serving	0.68
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.68
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.68
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.68
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.68
11147	Chard, swiss, raw	36.0	1.0 cup	0.68
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0.68
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.68
11656	Corn pudding, home prepared	250.0	1.0 cup	0.68
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.68
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.68
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.68
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.67
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.67
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.67
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.67
02028	Spices, paprika	2.3	1.0 tsp	0.67
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.67
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.67
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.66
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.66
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	51.0	0.5 cup (1 NLEA serving)	0.66
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.66
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.66
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.66
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.66

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	0.66
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.66
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.66
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.66
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.66
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.66
01070	Dessert topping, powdered	43.0	1.5 oz	0.65
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.65
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.65
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	0.65
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.65
16055	Carob flour	103.0	1.0 cup	0.65
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.65
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.65
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.65
11241	Kohlrabi, raw	135.0	1.0 cup	0.65
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.65
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.65
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.64
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.64
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.64
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.64
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.64
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.64
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.64
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.64
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.64
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.64
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.64
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.64
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.64
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.64
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.64

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.64
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.63
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.63
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.63
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.63
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.63
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.63
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.63
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.63
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.63
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.63
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.63
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.63
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.63
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.62
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.62
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.62
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.62
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.62
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.62
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.62
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.62
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.62
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.62
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.62
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.62
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.62
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.62
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.62
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.62
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.62
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.61
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.61
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.61
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.61

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.61
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.61
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.61
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.61
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.61
11457	Spinach, raw	30.0	1.0 cup	0.61
20648	Sorghum flour	121.0	1.0 cup	0.60
21420	KENTUCKY FRIED CHICKEN, Coleslaw	112.0	1.0 package	0.60
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.60
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0.60
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.60
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.60
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.60
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.60
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.60
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.60
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.60
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.60
09229	Papaya nectar, canned	250.0	1.0 cup	0.60
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.60
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.60
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.60
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.60
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.60
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.60
15212	Fish, salmon, pink, cooked, dry heat	124.0	0.5 fillet	0.60
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.60
01072	Dessert topping, pressurized	70.0	1.0 cup	0.60
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.60
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.60
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.59
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.59
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.59
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.59

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.59
25059	Snacks, brown rice chips	9.0	1.0 cake	0.59
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.59
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.59
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.59
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	0.59
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.59
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.59
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.59
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.59
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.59
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.59
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.59
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.59
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.58
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.58
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.58
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.58
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.58
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.58
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.58
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.58
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.58
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.58
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.58
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.58
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.58
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.58
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.58
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.58
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.58
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.58
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.58
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.58

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.58
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.58
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.57
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.57
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.57
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.57
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.57
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0.57
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.57
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	0.57
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.57
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.57
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.57
11086	Beet greens, raw	38.0	1.0 cup	0.57
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	28.35	1.0 oz	0.57
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.57
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.57
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.57
11520	Taro leaves, raw	28.0	1.0 cup	0.57
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.57
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.57
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.57
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.56
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.56
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.56
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.56
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.56
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.56
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.56
11141	Celeriac, raw	156.0	1.0 cup	0.56
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.56
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.56

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.56
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.56
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.56
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.56
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.56
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.56
06493	Soup, mushroom, dry, mix, prepared with water	253.0	1.0 cup	0.56
09107	Gooseberries, raw	150.0	1.0 cup	0.56
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	0.55
01069	Cream substitute, powdered	94.0	1.0 cup	0.55
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	0.55
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.55
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.55
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.55
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.55
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.55
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.55
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.55
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	0.55
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	0.55
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.55
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	0.55
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.55
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.55
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.55
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	0.55
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.55
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.55
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.55
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.54
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.54
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.54
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.54
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.54
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.54

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.54
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.54
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.54
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.54
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.54
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	0.54
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.54
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.54
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.54
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.54
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.54
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.54
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1.0 oz	0.54
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.54
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.54
15008	Fish, carp, raw	85.0	3.0 oz	0.54
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.54
01057	Eggnog	254.0	1.0 cup	0.53
21401	Fast foods, chicken tenders	62.0	4.0 pieces	0.53
09160	Lime juice, raw	242.0	1.0 cup	0.53
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.53
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.53
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.53
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.53
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.53
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.53
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.53
42182	Bean beverage	230.0	1.0 cup	0.53
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.53
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.53
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.53
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.53
09436	Mango nectar, canned	251.0	1.0 cup	0.53

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	0.53
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.53
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.52
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.52
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.52
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.52
16107	Sausage, meatless	25.0	1.0 link	0.52
11601	Yam, raw	150.0	1.0 cup, cubes	0.52
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.52
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.52
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.52
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.52
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.52
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.52
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.52
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.52
09094	Figs, dried, uncooked	149.0	1.0 cup	0.52
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.52
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.52
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.52
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.52
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.52
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.52
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.52
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.52
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.52
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.52
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.52
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.52
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.52
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	199.0	1.0 breast, with skin	0.52
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.52
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.52
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.52
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.51

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.51
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0.51
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.51
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.51
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.51
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.51
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.51
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.51
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.51
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.51
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.51
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.51
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.51
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.51
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.51
02015	Spices, curry powder	2.0	1.0 tsp	0.50
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.50
20141	Spelt, cooked	194.0	1.0 cup	0.50
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	0.50
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.50
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.50
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.50
01040	Cheese, swiss	132.0	1.0 cup, diced	0.50
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.50
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.50
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.50
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.50
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.50
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.50
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	0.50
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	0.50
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.50
43584	Cereals ready-to-eat, amaranth flakes	38.0	1.0 cup	0.50

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.50
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.50
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.49
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.49
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.49
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.49
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.49
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.49
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.49
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.49
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.49
43405	Cheese, swiss, low sodium	132.0	1.0 cup, diced	0.49
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	0.49
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.49
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.48
06979	Adobo fresco	18.0	1.0 tbsp	0.48
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.48
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.48
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.48
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	0.48
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.48
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.48
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.48
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.48
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.48
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.48
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.48
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.48
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.48
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.47
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.47
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.47
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	0.47
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.47
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0.47

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.47
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.47
20002	Amaranth grain, cooked	246.0	1.0 cup	0.47
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.47
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.47
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.46
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.46
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.46
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.46
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.46
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.46
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	55.0	1.0 cup	0.46
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.46
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.46
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.46
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.46
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.46
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.46
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.46
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.46
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.46
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.46
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.46
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.46
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.46
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.46
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.45
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.45
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.45
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.45
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.45
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.45
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.45
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.45
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	0.45

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.45
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	0.45
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.45
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.45
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.45
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.45
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.45
11297	Parsley, fresh	60.0	1.0 cup chopped	0.45
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.45
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0.45
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.45
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.45
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.45
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.45
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.45
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.45
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.45
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.44
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.44
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.44
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.44
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.44
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0.44
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.44
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.44
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.44
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.44
09316	Strawberries, raw	152.0	1.0 cup, halves	0.44
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.44
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.44
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	0.44
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.44
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.44

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.44
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.44
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.44
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.44
09002	Acerola juice, raw	242.0	1.0 cup	0.44
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.44
20066	Semolina, enriched	167.0	1.0 cup	0.43
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.43
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.43
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.43
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.43
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.43
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.43
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.43
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.43
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.43
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.43
09279	Plums, raw	165.0	1.0 cup, sliced	0.43
21059	Fast foods, shrimp, breaded and fried	17.0	1.0 piece shrimp	0.43
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.43
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.43
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEUSE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.43
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0.43
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.43
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.43
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.43
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.42
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.42
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.42
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.42
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.42
93600	Turtle, green, raw	85.0	3.0 oz	0.42
15090	Fish, scup, raw	85.0	3.0 oz	0.42

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.42
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.42
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.42
21421	KENTUCKY FRIED CHICKEN, Crispy Chicken Strips	47.0	1.0 strip	0.42
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.42
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.42
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.42
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.42
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.42
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.42
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.42
22955	Egg rolls, vegetable, refrigerated, heated	78.0	1.0 roll	0.42
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	0.42
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.42
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.42
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.42
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.42
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	0.42
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	0.42
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.42
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.42
06066	Soup, turkey vegetable, canned, condensed	123.0	0.5 cup (4 fl oz)	0.42
06499	Soup, tomato vegetable, dry, mix, prepared with water	245.0	1.0 cup 8 fl oz	0.42
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.42
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.42
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.42
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.42
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.42
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.42
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.42

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.42
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.41
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.41
21325	McDONALD'S, McDONALDLAND Chocolate Chip Cookies	56.0	2.0 oz	0.41
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.41
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.41
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.41
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.41
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.41
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.41
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.41
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.41
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.41
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.41
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.41
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.41
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0.41
05305	Poultry food products, ground turkey, raw	453.6	1.0 lb	0.41
18241	Croissants, cheese	28.35	1.0 oz	0.41
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.41
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.41
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.41
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.41
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.41
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.41
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.41
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.41
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.41
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.41
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.41
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.41
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	0.41
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.41
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.40

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.40
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.40
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.40
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.40
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.40
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.40
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0.40
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.40
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.40
18354	Strudel, apple	28.35	1.0 oz	0.40
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.40
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.40
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.40
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.40
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.40
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0.40
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.40
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.40
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0.40
18137	Cake mix, dry, white, regular	46.0	1.0 serving	0.40
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.40
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.40
11413	Potato flour	160.0	1.0 cup	0.40
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.40
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.40
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.40
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.40
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.40

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.40
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.40
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.40
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.40
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	1.0 serving	0.40
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.40
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.40
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.40
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.40
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.40
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.40
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.40
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.40
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0.40
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.40
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	59.0	24.0 biscuits (Bite Size) (1 NLEA serving)	0.40
18235	Crackers, whole-wheat	28.0	1.0 serving	0.39
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.39
20089	Wild rice, cooked	164.0	1.0 cup	0.39
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.39
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.39
11134	Cassava, raw	206.0	1.0 cup	0.39
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.39
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.39
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.39
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.39
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.39
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.39
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.39
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.39
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.39
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.39

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.39
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.39
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.39
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.39
09095	Figs, dried, stewed	259.0	1.0 cup	0.39
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.39
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.39
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.39
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.39
19003	Snacks, corn-based, extruded, chips, plain	28.35	1.0 oz	0.39
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.38
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.38
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.38
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.38
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.38
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.38
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.38
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.38
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.38
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.38
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.38
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.38
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.38
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.38
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.38
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.38
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.38
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.38
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.38
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.38
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.38
23577	Beef, ground, 75% lean meat / 25% fat, raw	85.0	1.0 serving (3 oz)	0.38
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.38
15033	Fish, haddock, raw	85.0	3.0 oz	0.38
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.38

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.38
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.38
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.38
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.38
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.38
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.38
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.38
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.38
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.38
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0.38
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.38
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0.38
08452	Cereals, QUAKER, Whole Wheat Natural Cereal	40.0	0.5 cup	0.38
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.38
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.37

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.37
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.37
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.37
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.37
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.37
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.37
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.37
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.37
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.37
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.37
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.37
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.37
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.37
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.37
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.37
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.37
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.37
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.37
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.37
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.37
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.37
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.37
04575	Fat, turkey	12.8	1.0 tbsp	0.37
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.37
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	0.37
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.37
01023	Cheese, gruyere	132.0	1.0 cup, diced	0.37
01011	Cheese, colby	132.0	1.0 cup, diced	0.37
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.37
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.37
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.37

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.37
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.37
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.37
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.37
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	0.37
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.37
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.37
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.37
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	0.37
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.37
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.37
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.37
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.37
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	0.37
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh, with skin	0.37
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.37
09152	Lemon juice, raw	244.0	1.0 cup	0.37
09153	Lemon juice, canned or bottled	244.0	1.0 cup	0.37
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.37
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.37
06963	Fish broth	244.0	1.0 cup	0.37
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.37
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.37
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	1.0 serving	0.37
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.37
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.37

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.37
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.36
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.36
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.36
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.36
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.36
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.36
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.36
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.36
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.36
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.36
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.36
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.36
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.36
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.36
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	0.36
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.36
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.36
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.36
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.36
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.36
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.36
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.36
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.36
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.36
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.36
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.36
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.36
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.36
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.36
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.36
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.36
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.36

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.36
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.36
01020	Cheese, fontina	132.0	1.0 cup, diced	0.36
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.35
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.35
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.35
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.35
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.35
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.35
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.35
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.35
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.35
11203	Cress, garden, raw	50.0	1.0 cup	0.35
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.35
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.35
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.35
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.35
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.35
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.35
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
23572	Beef, ground, 80% lean meat / 20% fat, raw	85.0	1.0 serving (3 oz)	0.35
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.35
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.35
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.35
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.35
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.35
09217	Orange-grapefruit juice, canned, unsweetened	247.0	1.0 cup	0.35
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.35
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.35
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.35

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.35
04574	Fat, duck	12.8	1.0 tbsp	0.35
04542	Fat, chicken	12.8	1.0 tbsp	0.35
04001	Fat, beef tallow	12.8	1.0 tbsp	0.35
04576	Fat, goose	12.8	1.0 tbsp	0.35
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.34
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0.34
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.34
18232	Crackers, wheat, regular	31.0	1.0 serving	0.34
01030	Cheese, muenster	132.0	1.0 cup, diced	0.34
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.34
01005	Cheese, brick	132.0	1.0 cup, diced	0.34
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.34
01025	Cheese, monterey	132.0	1.0 cup, diced	0.34
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.34
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.34
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.34
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.34
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.34
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	55.0	1.0 cup	0.34
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.34
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.34
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.34
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	0.34
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.34
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.34
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.34
11591	Watercress, raw	34.0	1.0 cup, chopped	0.34
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.34
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.34
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0.34
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.34
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.34
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.34
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.34

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.34
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.34
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.34
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.34
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.34
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.34
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.34
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.34
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.34
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.34
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.34
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.34
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.34
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.34
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	0.34
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.34
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.33
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.33
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	0.33
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.33
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.33
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.33
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.33
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.33
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.33
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.33
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.33
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.33
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.33
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.33
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.33

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.33
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.33
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.33
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.33
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.33
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.32
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.32
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.32
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.32
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.32
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.32
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.32
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.32
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.32
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.32
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.32
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.32
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0.32
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.32
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.32
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.32
09221	Tangerine juice, raw	247.0	1.0 cup	0.32
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.32
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.32
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.32
20015	Corn bran, crude	76.0	1.0 cup	0.32
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.32
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.32
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.32
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.32
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.32

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.32
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.32
06495	Soup, oxtail, dry, mix, prepared with water	244.0	1.0 cup	0.32
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.32
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.32
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.32
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.32
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.32
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.32
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	0.31
18099	Cake, chocolate, dry mix, regular	28.35	1.0 oz	0.31
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.31
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.31
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	1.0 serving (3 oz)	0.31
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.31
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.31
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
18968	Bagel, wheat	98.0	1.0 bagel	0.31
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.31
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.31
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.31
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.31
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.31
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	0.31
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.31
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	136.0	1.0 breast, without skin	0.31
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.31
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.31

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18214	Crackers, cheese, regular	14.2	0.5 oz	0.31
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.31
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.31
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.31
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0.31
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.31
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.31
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	0.31
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.31
01024	Cheese, limburger	134.0	1.0 cup	0.31
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.31
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.31
09294	Prune juice, canned	256.0	1.0 cup	0.31
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.31
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.31
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.31
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.31
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.31
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.31
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.31
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.31
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	0.31
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.30
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.30
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.30
01035	Cheese, provolone	132.0	1.0 cup, diced	0.30
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.30
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.30
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.30
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	0.30
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.30

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.30
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.30
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.30
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.30
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.30
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.30
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.30
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.30
09437	Tamarind nectar, canned	251.0	1.0 cup	0.30
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.30
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.30
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.30
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.30
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.30
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.30
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.30
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.30
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.30
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.30
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.30
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.30
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.30
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.30
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.30
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.30
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0.30
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.30
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.30
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.30
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.30
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.30
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.30
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.30

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.30
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.29
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.29
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.29
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.29
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.29
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.29
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.29
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.29
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	0.29
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	21.0	0.75 cup	0.29
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.29
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.29
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.29
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.29
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.29
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.29
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.29
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.29
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.29
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.29
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.29
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.29
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.29
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.29
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.29
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.29
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.29
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.29

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.29
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.29
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.29
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.29
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.29
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.29
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.29
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.29
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.29
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.29
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.28
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.28
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	0.28
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.28
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.28
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.28
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.28
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.28
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.28
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.28
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.28
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	0.28
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	0.28
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.28
05621	Emu, ground, raw	117.0	1.0 patty	0.28
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.28
18203	Cookies, sugar, commercially prepared, special dietary	28.35	1.0 oz	0.28
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.28
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.28
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0.28
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.28
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.28
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.28
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.28
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.28
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.28
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.28
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.28
01238	Ice cream sandwich	70.0	1.0 serving	0.28
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.28
11974	Grape leaves, raw	14.0	1.0 cup	0.28
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.28
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	0.28
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.28
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.28
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.28
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.28
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.28
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.28
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.28
17071	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised	138.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.28
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.28
18459	Breakfast tart, low fat	52.0	1.0 tart	0.28
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.28
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.28
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.28
18172	Cookies, gingersnaps	28.35	1.0 oz	0.27
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.27
11143	Celery, raw	101.0	1.0 cup chopped	0.27
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.27
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.27

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.27
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.27
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	0.27
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	0.27
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.27
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
23562	Beef, ground, 90% lean meat / 10% fat, raw	85.0	1.0 serving (3 oz)	0.27
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.27
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.27
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0.27
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.27
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.27
42130	Turkey bacon, cooked	82.0	1.0 cup pieces	0.27
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.27
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.27
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	0.27
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.27
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.27
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.27
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.27
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.27
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.27
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.27
11278	Okra, raw	100.0	1.0 cup	0.27
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.27
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.27
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.27
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.27
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.27
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.27
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.27
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.27
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.27

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.27
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.27
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.27
18323	Pie, peach	28.35	1.0 oz	0.27
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.27
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.27
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.27
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.27
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.27
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.27
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.27
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.26
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.26
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.26
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.26
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.26
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.26
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.26
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.26
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.26
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.26
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.26
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.26
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.26
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.26
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.26
05641	Ostrich, ground, raw	109.0	1.0 patty	0.26
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.26
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.26
07031	Ham salad spread	15.0	1.0 tbsp	0.26
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1.0 oz	0.26

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.26
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0.26
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.26
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.26
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.26
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.26
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.26
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.26
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.26
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.26
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	9.8	1.0 piece	0.26
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	47.0	0.75 cup (1 NLEA serving)	0.26
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.26
21129	Fast foods, hush puppies	22.0	1.0 piece	0.26
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.26
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.26
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.26
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0.26
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.26
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.26
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.26
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.26
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0.26
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.26
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.26
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.26

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.26
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.26
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.26
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.26
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.26
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.25
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.25
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.25
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.25
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.25
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.25
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.25
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.25
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.25
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.25
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.25
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.25
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	0.25
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.25
21408	McDONALD'S, English Muffin	57.0	1.0 item 2 oz	0.25
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.25
36001	APPLEBEE'S, Double Crunch Shrimp	10.4	1.0 piece	0.25
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.25
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.25
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.25
11935	Catsup	17.0	1.0 tbsp	0.25
11949	Catsup, low sodium	17.0	1.0 tbsp	0.25
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.25
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.25

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.25
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.25
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.25
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.25
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.25
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.25
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.25
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.25
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.25
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.25
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.25
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.25
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.25
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.25
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.25
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.25
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.25
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.25
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.25
28292	Crackers, multigrain	14.0	4.0 crackers	0.24
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.24
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.24
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.24
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.24
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.24
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.24
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.24
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.24
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.24
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0.24
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.24

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.24
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.24
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.24
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.24
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.24
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.24
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.24
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.24
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.24
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.24
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.24
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.24
18239	Croissants, butter	28.35	1.0 oz	0.24
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.24
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.24
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.24
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.24
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.24
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.24
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.24
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.24
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.24
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.24
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.24
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.24
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.24
23557	Beef, ground, 95% lean meat / 5% fat, raw	85.0	1.0 serving (3 oz)	0.24
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.24
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08419	Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry	54.0	1.0 container	0.24
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.24
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.24
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0.24
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.24
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.24
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.24
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.23
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.23
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.23
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.23
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.23
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.23
08414	Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry	54.0	1.0 container	0.23
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ	30.0	1.0 cup (1 NLEA serving)	0.23
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.23
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.23
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.23
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.23
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.23
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.23
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.23
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.23
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.23
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.23
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.23
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.23
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.23
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.23
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.23

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.23
21489	Salad, grape and apple with yogurt and candied walnuts	163.0	1.0 item	0.23
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.23
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.23
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.23
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.23
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.23
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.23
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.23
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.23
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.23
09040	Bananas, raw	225.0	1.0 cup, mashed	0.22
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	0.22
08305	Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	30.0	1.0 cup (1 NLEA serving)	0.22
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.22
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.22
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	0.22
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.22
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.22
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.22
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.22
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	28.35	1.0 oz	0.22
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.22
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.22
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.22
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.22
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.22
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.22
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.22
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.22
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.22
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.22
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.22
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.22
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.22
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.22
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.22
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.22
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.22
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.22
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.22
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.22
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.22
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.22
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.22
08645	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond	49.0	0.75 cup (1 NLEA serving)	0.22
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.22
09059	Breadfruit, raw	220.0	1.0 cup	0.22
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.22
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.22
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.22
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0.22
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.22
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.22
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.22
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.22
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.22
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.22
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry	54.0	1.0 container	0.22
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	0.22

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.22
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.22
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.22
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.22
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.22
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.22
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.22
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.22
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.22
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	0.21
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.21
07971	Bologna, meat and poultry	33.0	1.0 slice	0.21
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	65.0	1.0 wing, wing with skin	0.21
14229	Coffee, instant, with sugar, french-flavor, powder	13.0	4.0 teaspoon (1 serving)	0.21
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.21
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.21
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.21
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.21
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.21
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.21
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.21
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.21
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.21
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0.21
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.21
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.21
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.21
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.21
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.21
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.21
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.21
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.21

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.21
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.21
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0.21
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.21
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.21
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.21
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet	0.21
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.21
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.21
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	0.21
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.21
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.21
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	63.0	1.0 wing, with skin	0.21
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.21
09277	Plantains, raw	148.0	1.0 cup, sliced	0.21
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.21
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.21
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.21
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.21
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.20
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.20
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.20
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.20
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.20
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0.20
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.20
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.20
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
05631	Emu, oyster, raw	85.0	3.0 oz	0.20
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.20
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.20
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.20
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.20
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.20
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0.20
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.20
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.20
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.20
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.20
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.20
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.20
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.20
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.20
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.20
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.20
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.20
06500	Soup, vegetable beef, dry, mix, prepared with water	253.0	1.0 cup 8 fl oz	0.20
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.20
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0.20
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.20
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.20
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.20
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.20
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.20
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.20
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.20
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.20
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	0.20
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.20
43282	Quail, cooked, total edible	28.35	1.0 oz	0.20
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.20
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.20
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.20
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.20
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.20
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.20
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.20
09298	Raisins, seedless	165.0	1.0 cup, packed	0.20
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.20
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.20
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.20
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.20
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.20
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.20
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.20
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.20
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.20
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.20
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.20
05626	Emu, full rump, raw	85.0	3.0 oz	0.20
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.20
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.20
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.20
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.20
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.20
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.20
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.20
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.20
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.20
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.20
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.20
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.20
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.20
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0.20
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.20
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.20
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.20
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.20
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.20
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.20

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.20
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.20
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.19
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.19
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.19
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.19
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.19
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.19
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.19
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.19
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.19
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.19
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.19
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.19
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.19
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.19
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.19
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.19
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.19
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	0.19
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.19
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.19
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.19
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.19
11304	Peas, green, raw	145.0	1.0 cup	0.19
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.19
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.19
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.19
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.19
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.19
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.19
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.19
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.19

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.19
18283	Muffins, oat bran	28.35	1.0 oz	0.19
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet	0.19
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.19
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.19
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.19
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.19
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.19
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.19
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.19
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.19
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
05628	Emu, inside drum, raw	85.0	3.0 oz	0.19
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.19
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.19
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.19
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.19
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.19
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.19
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.19
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.19
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.19
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.19

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.19
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.19
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.19
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.19
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.19
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.19
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.19
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.19
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.19
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.19
02011	Spices, cloves, ground	2.1	1.0 tsp	0.19
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh, thigh without skin	0.18
21386	BURGER KING, French Toast Sticks	21.0	1.0 stick	0.18
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.18
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0.18
18170	Cookies, fig bars	28.35	1.0 oz	0.18
18059	Bread, rice bran	28.35	1.0 oz	0.18
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.18
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.18
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.18
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.18
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.18
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.18
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.18
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.18
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.18
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.18
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.18
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0.18
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.18
09315	Soursop, raw	225.0	1.0 cup, pulp	0.18

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.18
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.18
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.18
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.18
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.18
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.18
07960	Bologna, chicken, pork	28.0	1.0 serving	0.18
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.18
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	0.18
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.18
15109	Fish, surimi	28.35	1.0 oz	0.18
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.18
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.18
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.18
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.18
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.18
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.18
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.18
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.18
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.18
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.18
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.18
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.18
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.18

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23396	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.18
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.18
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.18
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.18
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.18
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.18
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.18
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.18
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.18
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.18
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.18
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.18
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.18
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.18
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.18
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.18
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.18
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.18
16085	Peas, split, mature seeds, raw	197.0	1.0 cup	0.18
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.18
06065	Soup, turkey noodle, canned, condensed	126.0	0.5 cup (4 fl oz)	0.18
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet	0.18
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.18
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.18
07025	Frankfurter, turkey	28.35	1.0 oz	0.18
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.18
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.18

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.18
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.18
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.18
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.17
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.17
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.17
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.17
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.17
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.17
20061	Rice flour, white	158.0	1.0 cup	0.17
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.17
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.17
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.17
18223	Crackers, milk	14.2	0.5 oz	0.17
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.17
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.17
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.17
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.17
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.17
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.17
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.17
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.17
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.17
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.17
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.17
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.17
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.17
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	0.17
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.17
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup	0.17
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.17
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.17
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.17
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.17
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.17
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.17
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.17
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.17
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.17
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.17
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.17
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.17
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.17
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.17
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.17
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.17
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.17
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.17
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.17
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.17
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.17
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.17
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.17
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.17
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.17
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.17
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.17
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	0.17
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.17
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.17
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.17
09252	Pears, raw	140.0	1.0 cup, slices	0.17
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.17
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.17
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0.17
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.17
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.17
07007	Bologna, beef	30.0	1.0 slice	0.17
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.17
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.17
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.17
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.17

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.17
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.17
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.17
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.17
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.17
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	0.17
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.17
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.17
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.17
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.17
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	29.0	1.0 cup (1 NLEA serving)	0.17
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.17
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.16
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0.16
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.16
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.16
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.16
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.16
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.16
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.16
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.16
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.16
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.16
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.16
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0.16
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.16
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.16
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.16
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.16
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.16

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.16
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.16
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.16
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.16
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0.16
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.16
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.16
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.16
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.16
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.16
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.16
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.16
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.16
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.16
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.16
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.16
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.16
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.16
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.16
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.16
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.16
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.16
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.16

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.16
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0.16
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.16
09085	Currants, zante, dried	144.0	1.0 cup	0.16
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.16
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.16
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.16
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.16
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.16
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.16
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.16
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.16
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.15
20142	Teff, uncooked	193.0	1.0 cup	0.15
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.15
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0.15
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.15
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.15
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.15
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.15
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.15
13987	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.15
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.15
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.15
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.15
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.15
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.15
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.15
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0.15
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
17069	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.15
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.15
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 lb	0.15
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.15
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.15
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.15
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.15
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.15
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.15
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.15
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.15
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.15
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.15
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.15
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.15
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.15
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.15
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.15
09413	Pears, raw, red anjou	126.0	1.0 small	0.15
18971	Bread, potato	32.0	1.0 slice	0.15
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.15
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.15
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.15
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.15
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.15
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.15
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.15
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.15
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.15
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.15
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.15
09433	Clementines, raw	74.0	1.0 fruit	0.15
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.15
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.15
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.15

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.15
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.15
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.15
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.15
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	0.15
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.15
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.15
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.15
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.15
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.14
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.14
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.14
18068	Bread, wheat germ	28.35	1.0 oz	0.14
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.14
05630	Emu, outside drum, raw	85.0	3.0 oz	0.14
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.14
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.14
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.14
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.14
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.14
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.14
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.14
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.14
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.14
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.14
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.14
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.14
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.14
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.14
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.14
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.14
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	0.14
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	0.14
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.14
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.14
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.14

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.14
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.14
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.14
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.14
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.14
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.14
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.14
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.14
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.14
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.14
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.14
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.14
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.14
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.14
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.14
43483	Millet, puffed	21.0	1.0 cup	0.14
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.14
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.14
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.14
08530	Cereals ready-to-eat, KELLOGG, SMORZ	30.0	1.0 cup (1 NLEA serving)	0.14
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.14
13498	Beef, ground, 70% lean meat / 30% fat, raw	28.0	1.0 ounce	0.14
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.14
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.14
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.14
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.14
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.14
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.14
18039	Bread, oatmeal	28.35	1.0 oz	0.14
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.14
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.14
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.14
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14
06975	Sauce, barbecue, low sodium	17.0	1.0 tbsp	0.14
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.14
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.14
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.14
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.14
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.14
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.14
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.14
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.14
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.14
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.14

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	0.14
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.14
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.14
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.14
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.14
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.13
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.13
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.13
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.13
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.13
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.13
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.13
09164	Litchis, raw	190.0	1.0 cup	0.13
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.13
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.13
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.13
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.13
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.13
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.13
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.13
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	0.13
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.13
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.13
20647	Millet flour	119.0	1.0 cup	0.13
03213	Babyfood, cookies	28.35	1.0 oz	0.13
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.13

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.13
07005	Blood sausage	100.0	4.0 slices	0.13
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.13
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.13
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.13
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.13
11954	Tomatillos, raw	34.0	1.0 medium	0.13
08074	Cereals ready-to-eat, Ralston TASTEEOS	30.0	1.0 cup (1 NLEA serving)	0.13
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.13
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.13
11937	Pickles, cucumber, dill or kosher dill	143.0	1.0 cup, chopped or diced	0.13
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.13
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.13
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.13
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
18264	English muffins, wheat	28.35	1.0 oz	0.13
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.13
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.13
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.13
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.13
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.13
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0.13
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.13
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.13
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.13
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.13

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.13
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0.13
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.13
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.13
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.13
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.13
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0.13
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.13
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.13
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	0.13
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.13
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.13
16117	Soy flour, defatted	105.0	1.0 cup	0.13
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.13
09435	Guava nectar, canned	251.0	1.0 cup	0.13
07052	Pastrami, turkey	57.0	2.0 slices	0.13
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0.12
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.12
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.12
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.12
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.12
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.12
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.12
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0.12
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.12
01144	Egg substitute, powder	9.9	0.35 oz	0.12
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18037	Bread, oat bran	28.35	1.0 oz	0.12
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.12
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	0.12
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0.12
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.12
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.12
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.12
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.12
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.12
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.12
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.12
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.12
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.12
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.12
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.12
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.12
18236	Cracker meal	28.35	1.0 oz	0.12
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.12
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0.12
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.12
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.12
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.12
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	134.0	1.0 chop	0.12
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.12
01094	Milk, buttermilk, dried	120.0	1.0 cup	0.12
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.12
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.12
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.12
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.12
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.12
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.12
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.12
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.12
18044	Bread, pumpernickel	28.35	1.0 oz	0.12
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.12
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.12
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.12
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.12
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.12
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.12
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.12
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.12
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.12
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.12
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.12
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.12
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
13434	Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.12
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.12
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.12
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.12
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.12
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.12
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.12
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.12
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.12
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.12
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.12
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.12
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13480	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.12
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.12
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.12
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.12
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.12
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.12
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.12

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.12
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.12
18266	English muffins, whole-wheat	28.35	1.0 oz	0.12
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.12
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.12
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.12
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.12
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.12
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.12
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.12
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0.12
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	0.12
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.12
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.12
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.12
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.11
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.11
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.11
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.11
21256	BURGER KING, Chicken Strips	14.3	1.0 strip	0.11
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.11
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.11
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.11
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.11
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.11
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.11
01031	Cheese, neufchatel	28.35	1.0 oz	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.11
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.11
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.11
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.11
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.11
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0.11
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.11
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.11
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.11
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0.11
09084	Currants, red and white, raw	112.0	1.0 cup	0.11
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet	0.11
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.11
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0.11
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.11
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.11
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.11
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.11
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.11
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.11
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.11
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.11
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.11
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.11
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.11
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.11
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.11
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.11
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.11
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.11
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.11
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.11
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.11
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.11
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.11
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.11
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.11
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	0.11
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.11
11213	Endive, raw	25.0	0.5 cup, chopped	0.11
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.11
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.11
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	1.0 serving (1 NLEA serving)	0.11
11215	Garlic, raw	136.0	1.0 cup	0.11
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.11
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.11
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.11
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.11
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.11
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.11
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.11
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.11
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.11
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	134.0	1.0 chop	0.11

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.11
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.11
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.11
18967	Bread, wheat, white wheat	28.0	1.0 slice	0.11
13350	Beef, cured, dried	28.0	10.0 slices	0.11
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.11
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.11
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0.11
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.11
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.11
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.11
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.11
08510	Milk and cereal bar	25.0	1.0 bar	0.10
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.10
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.10
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.10
18061	Bread, rye, toasted	28.35	1.0 oz	0.10
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0.10
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.10
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.10
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.10
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry	29.0	0.75 cup (1 NLEA serving)	0.10
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.10
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.10
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.10
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.10
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.10
21391	Fast foods, hamburger; single, large patty; with condiments	171.0	1.0 item	0.10
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.10
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.10
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.10
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.10
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.10
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.10
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.10
18344	Rolls, dinner, egg	28.35	1.0 oz	0.10
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.10
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.10
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	0.10
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.10
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	0.10
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.10
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.10
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.10
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.10
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.10
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.10
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.10
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.10
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.10
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.10
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	0.10
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.10
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0.10
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.10
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 serving	0.10
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.10
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.10
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.10
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.10
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.10
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.10
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.10
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.10
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.10
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.10
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.10
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.10
20031	Millet, raw	200.0	1.0 cup	0.10
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.10
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.10
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.10
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.10
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.10
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.10
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.10
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.10
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.10
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.10
18245	Danish pastry, cheese	28.35	1.0 oz	0.10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.10
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.10
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.10
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.10
09206	Orange juice, raw	248.0	1.0 cup	0.10
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.10
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.10
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.10
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.10
07024	Frankfurter, chicken	45.0	1.0 link	0.10
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.10
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	0.10
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.10
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.10
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.10
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.10
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.10
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.10
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.10
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.10
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.10
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.10
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.10
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.10
35239	Tortilla, blue corn, Sakwawikaviki (Hopi)	57.0	1.0 piece	0.10
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.10
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.10
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.10
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.10
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.10
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0.10
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.10
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.10
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.10
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.10
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.10
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.10

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.10
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.10
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.10
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.10
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.09
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.09
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.09
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.09
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
18060	Bread, rye	28.35	1.0 oz	0.09
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.09
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.09
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.09
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.09
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.09
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.09
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.09
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.09
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0.09
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.09
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.09
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.09
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.09
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.09
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.09
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.09
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.09
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23533	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.09
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0.09
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.09
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.09
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.09
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.09
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.09
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.09
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.09
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.09
43589	Cheese, swiss, low fat	132.0	1.0 cup, diced	0.09
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0.09
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.09
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.09
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.09
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.09
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.09
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	227.0	8.0 oz	0.09
18066	Bread, wheat bran	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.09
18021	Bread, boston brown, canned	28.35	1.0 oz	0.09
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.09
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.09
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.09
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.09
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.09
05306	Poultry food products, ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.09
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.09
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.09
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.09
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.09
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.09
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.09
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.09
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.09
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.09
05311	Chicken, canned, no broth	28.0	1.0 oz	0.09
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.09
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0.09
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.09
18360	Taco shells, baked	12.9	1.0 shell	0.09
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.09
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.09
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.09
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.09
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.09
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	0.09
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.09
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.09
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.09
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.09
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.09
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.09
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.09
01156	Cheese, goat, hard type	28.35	1.0 oz	0.09
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0.09
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.09
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.09
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.09
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.09
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.09
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.09
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.09
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.09
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.09
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.09
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.09
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.09
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.09
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.09
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.09
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.09
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.09
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.09
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.09
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.09
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.09
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.09
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
18349	Rolls, french	28.35	1.0 oz	0.09
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.09
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.08
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.08
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0.08
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.08
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.08
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.08
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.08
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.08
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.08
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.08
17081	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.08
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.08
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.08
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0.08
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.08
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.08
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0.08
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.08
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.08
21422	KENTUCKY FRIED CHICKEN, Popcorn Chicken	6.4	1.0 piece	0.08
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.08
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0.08
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0.08
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	0.08
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.08
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.08
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	0.08
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0.08
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.08
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.08
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0.08
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.08
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.08
20012	Bulgur, dry	140.0	1.0 cup	0.08
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.08
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.08
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.08
11943	Pimento, canned	12.0	1.0 tbsp	0.08
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.08
20030	Hominy, canned, white	165.0	1.0 cup	0.08
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.08
18033	Bread, italian	28.35	1.0 oz	0.08
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.08
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
18028	Bread, egg, toasted	28.35	1.0 oz	0.08
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.08
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.08
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.08
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.08
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.08
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.08
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.08
01261	Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	102.0	1.0 container	0.08
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.08
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.08
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	22.0	1.0 portion (2-3 heaping tsp)	0.08
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.08
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.08
18047	Bread, raisin, enriched	28.35	1.0 oz	0.08
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.08
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.08
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.08
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
17128	Veal, shoulder, blade, separable lean and fat, raw	28.35	1.0 oz	0.08
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.08
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.08
03215	Babyfood, pretzels	28.35	1.0 oz	0.08
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.08
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.08
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.08
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0.08
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.08
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.08
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.08
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.08
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.08
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.08
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.08
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.08
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.08
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.08
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.08
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.08
09326	Watermelon, raw	154.0	1.0 cup, balls	0.08
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.08
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.08
04002	Lard	12.8	1.0 tbsp	0.08
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.08
17131	Veal, shoulder, blade, separable lean only, raw	28.35	1.0 oz	0.08
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
07030	Ham, minced	28.35	1.0 oz	0.08
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.08
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.08
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.08
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.08
05335	Chicken, feet, boiled	28.35	1.0 oz	0.08
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.08
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.08
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0.08
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.08
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.08
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.08
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.08
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.08
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.08
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.08
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.08
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0.08
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.08
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.08
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.08
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.08
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.08
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.08
02054	Capers, canned	8.6	1.0 tbsp, drained	0.08
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.08
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.08
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.08
14311	Malted drink mix, natural, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.08
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.08
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.08
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.08
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.08
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.08
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.08
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.08
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.07
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.07
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.07
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.07
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	0.07
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.07
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.07
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.07
17142	Veal, ground, raw	28.35	1.0 oz	0.07
18027	Bread, egg	28.35	1.0 oz	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.07
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.07
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	0.07
17107	Veal, loin, separable lean only, raw	28.35	1.0 oz	0.07
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.07
17068	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw	28.35	1.0 oz	0.07
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.07
19081	Candies, sweet chocolate	28.35	1.0 oz	0.07
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.07
17104	Veal, loin, separable lean and fat, raw	28.35	1.0 oz	0.07
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.07
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.07
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.07
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.07
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.07
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.07
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.07
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.07
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.07
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.07
06452	Soup, pepperpot, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.07
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.07
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.07
06455	Soup, scotch broth, canned, prepared with equal volume water	241.0	1.0 cup	0.07
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.07
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.07
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.07
11975	Grape leaves, canned	4.0	1.0 leaf	0.07
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.07
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.07
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.07
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.07

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
01004	Cheese, blue	28.35	1.0 oz	0.07
07026	Ham, chopped, canned	28.35	1.0 oz	0.07
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.07
25002	Snacks, popcorn, unpopped kernels	28.35	1.0 oz	0.07
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.07
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.07
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	28.0	1.0 cup (1 NLEA serving)	0.07
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.07
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.07
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0.07
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.07
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.07
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.07
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07
01022	Cheese, gouda	28.35	1.0 oz	0.07
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.07
01018	Cheese, edam	28.35	1.0 oz	0.07
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.07
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.07
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.07
19400	Snacks, banana chips	28.35	1.0 oz	0.07
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.07
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.07
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
01006	Cheese, brie	28.35	1.0 oz	0.07
17070	Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw	28.35	1.0 oz	0.07
18065	Bread, wheat, toasted	28.35	1.0 oz	0.07
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.07
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.07
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.07
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.07
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.07
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.07
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.07
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.07
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0.07
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.07
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.07
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0.07
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.07
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.07
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.07
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.07
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.07
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.07
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.07
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.07
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.07

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.07
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.07
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.07
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.07
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.07
07070	Salami, cooked, turkey	28.0	1.0 serving	0.07
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.07
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0.07
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.07
01038	Cheese, romano	28.35	1.0 oz	0.07
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.07
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.07
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.07
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.07
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.06
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.06
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.06
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.06
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.06
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.06
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.06
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0.06
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.06
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0.06
06019	Soup, chicken noodle, canned, condensed	126.0	0.5 cup	0.06
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.06
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.06
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.06
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0.06
20133	Rice noodles, dry	57.0	2.0 oz	0.06
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.06
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	0.06
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.06
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.06
15014	Fish, cisco, smoked	28.35	1.0 oz	0.06
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.06
17084	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.06
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.06
07050	Mortadella, beef, pork	28.35	1.0 oz	0.06
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.06
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.06
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.06
17074	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw	28.35	1.0 oz	0.06
07019	Chorizo, pork and beef	28.35	1.0 oz	0.06
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.06
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.06
18069	Bread, white, commercially prepared (includes soft bread crumbs)	28.0	1.0 slice	0.06
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.06
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.06
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.06
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.06
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.06
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.06
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.06
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.06
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.06
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.06
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.06
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.06
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.06
01007	Cheese, camembert	28.35	1.0 oz	0.06
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.06
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.06
17072	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw	28.35	1.0 oz	0.06
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.06
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.06
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.06
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.06
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.06
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.06
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.06
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.06
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.06
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.06
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.06
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.06
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.06
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.06
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.06
05662	Ground Turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.06
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.06
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.06
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.06
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.06
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0.06
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.06
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.06
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.06
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.06
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0.06
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.06
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0.06
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0.06
11674	Potato, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.06
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.06
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.06
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0.06
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.06
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.06
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.06
18243	Croutons, seasoned	14.2	0.5 oz	0.06
17164	Game meat, deer, raw	28.35	1.0 oz	0.06
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.06
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17224	Lamb, ground, raw	28.35	1.0 oz	0.06
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.06
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.06
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.06
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.06
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.06
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.06

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.06
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.06
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.06
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.06
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.06
06077	Soup, beef noodle, dry, mix	9.2	1.0 packet	0.06
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.06
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50.0	10.0 strips	0.06
21342	McDONALD'S, Apple Dippers	68.0	1.0 package	0.05
04528	Oil, walnut	13.6	1.0 tbsp	0.05
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.05
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.05
11080	Beets, raw	136.0	1.0 cup	0.05
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.05
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.05
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.05
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.05
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.05
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.05
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.05
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.05
18064	Bread, wheat	28.35	1.0 oz	0.05
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
17078	Lamb, New Zealand, imported, frozen, loin, separable lean only, raw	28.35	1.0 oz	0.05
17082	Lamb, New Zealand, imported, frozen, rib, separable lean only, raw	28.35	1.0 oz	0.05
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.05
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.05
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.05
21366	McDONALD'S, Apple Dippers with Low Fat Caramel Sauce	89.0	1.0 item	0.05
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.05
42161	Bologna, beef, low fat	28.0	1.0 slice	0.05

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.05
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.05
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.05
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.05
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.05
20134	Rice noodles, cooked	176.0	1.0 cup	0.05
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.05
02005	Spices, caraway seed	2.1	1.0 tsp	0.05
02038	Spices, sage, ground	0.7	1.0 tsp	0.05
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.05
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.05
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.05
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.05
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.05
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	0.05
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.05
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.05
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0.05
17076	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw	28.35	1.0 oz	0.05
17080	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw	28.35	1.0 oz	0.05
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.05
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.05
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05
01159	Cheese, goat, soft type	28.35	1.0 oz	0.05
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.05
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.05
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.05
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.05
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.05
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.05
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.05
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0.05
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.05
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.05
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.05
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.05
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.05
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.05
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.05
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0.05
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.05
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.05
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.05
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0.05
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.05
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0.05
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.05
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.05
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.05
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.05
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.05
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.05
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.05
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.05
42270	Orange juice drink	249.0	1.0 cup	0.05
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.05
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.05
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.05
02033	Spices, poppy seed	2.8	1.0 tsp	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.05
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.05
07068	Salami, cooked, beef	26.0	1.0 slice	0.05
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.05
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.05
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.05
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.05
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.05
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.05
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.05
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.05
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.05
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.05
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.05
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.05
06485	Soup, chicken rice, dry, mix, prepared with water	240.0	1.0 cup 8 fl oz	0.05
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.05
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.05
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.05
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.05
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.05
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.05
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.05
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.05
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.05
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.05
11056	Beans, snap, green, canned, regular pack, drained solids	153.0	1.0 cup solids	0.05
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.05
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0.05
18456	Cookies, oatmeal, commercially prepared, fat-free	28.35	1.0 oz	0.05
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.05
19154	Candies, sesame crunch	28.35	1.0 oz	0.05
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.05
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.05
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.05

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.05
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.05
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.05
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.04
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.04
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.04
02029	Spices, parsley, dried	0.5	1.0 tsp	0.04
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.04
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.04
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.04
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.04
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.04
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.04
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.04
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.04
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.04
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.04
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.04
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.04
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.04
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.04
18169	Cookies, coconut macaroons, prepared from recipe	28.35	1.0 oz	0.04
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.04
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.04
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.04
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.04
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.04
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.04
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.04

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01017	Cheese, cream	14.5	1.0 tbsp	0.04
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.04
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0.04
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.04
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.04
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.04
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.04
19137	Toppings, strawberry	42.0	2.0 tbsp	0.04
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.04
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.04
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.04
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.04
14039	Beverages, CYTOSPORT, Muscle Milk light, Ready-To-Drink	414.0	14.0 fl oz	0.04
43146	Eggplant, pickled	136.0	1.0 cup	0.04
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.04
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.04
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.04
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.04
20005	Barley, pearled, raw	200.0	1.0 cup	0.04
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.04
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.04
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.04
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.04
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.04
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.04
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.04
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.04
11564	Turnips, raw	130.0	1.0 cup, cubes	0.04
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.04
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.04
01225	Dulce de Leche	19.0	1.0 tbsp	0.04
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.04
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.04
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.04

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.04
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.04
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.04
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.04
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.04
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.04
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.04
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.04
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.04
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.04
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.04
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.04
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.04
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.04
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.04
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.04
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.04
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.04
01179	Sour cream, light	12.0	1.0 tablespoon	0.04
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.04
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.04
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.04
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.04
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.04
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.04
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.04
08022	Cereals ready-to-eat, corn flakes, low sodium	25.0	1.0 cup	0.04
20032	Millet, cooked	174.0	1.0 cup	0.03
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.03
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	0.03
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	0.03
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.03
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.03
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.03
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.03
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.03
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.03
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.03
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.03
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.03
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.03
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.03
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.03
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.03
19366	Toppings, pineapple	340.0	1.0 cup	0.03
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.03
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.03
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.03
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.03
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.03
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.03
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	0.03
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.03
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.03
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.03
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.03
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.03
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.03
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.03
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.03
11282	Onions, raw	160.0	1.0 cup, chopped	0.03
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.03
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.03
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.03
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.03
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.03
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.03
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.03
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.03
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.03
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.03
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.03
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.03
18177	Cookies, molasses	28.35	1.0 oz	0.03
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.03
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.03
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.03
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.03
08505	Cereals ready-to-eat, Ralston Corn Biscuits	30.0	1.0 serving (NLEA serving size = 1 cup)	0.03
16099	Peanut flour, defatted	60.0	1.0 cup	0.03
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.03
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	0.03
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.03
19312	Pie fillings, apple, canned	74.0	0.125 can	0.03
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0.03
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.03
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.03
01115	Whey, sweet, dried	145.0	1.0 cup	0.03
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.03
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0.03
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.03
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.03
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.03
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.03
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.03
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.03
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.03
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.03
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.03
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	0.03
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.03
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.03
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.03
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.03
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.03
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.03
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	0.03
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.03
14346	Shake, fast food, chocolate	23.5	1.0 fl oz	0.03
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.03
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.03
11965	Cauliflower, green, raw	64.0	1.0 cup	0.03
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.03
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.03
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.03
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0.03
19070	Candies, butterscotch	28.35	1.0 oz	0.03
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.03
07951	Scrapple, pork	17.0	1.0 cubic inch	0.03
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.03
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.03
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.03
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.03
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.03
14287	Lemonade, powder	18.0	1.0 serving	0.03

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.03
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.03
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.03
09434	Guanabana nectar, canned	251.0	1.0 cup	0.03
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.02
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.02
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.02
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	0.02
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.02
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.02
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.02
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.02
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.02
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.02
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.02
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.02
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.02
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.02
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.02
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.02
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.02
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.02
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.02
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.02
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.02
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.02
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.02
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.02
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.02
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.02
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19297	Jams and preserves	20.0	1.0 tbsp	0.02
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.02
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.02
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.02
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0.02
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.02
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.02
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.02
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.02
14315	Malted drink mix, chocolate, with added nutrients, powder	78.0	1.0 cup	0.02
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.02
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	0.02
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.02
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.02
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.02
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.02
18338	Phyllo dough	28.35	1.0 oz	0.02
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.02
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0.02
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.02
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.02
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.02
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.02
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.02
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	0.02
02007	Spices, celery seed	2.0	1.0 tsp	0.02
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.02
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.02
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.02
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02
02020	Spices, garlic powder	3.1	1.0 tsp	0.02
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.02
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
02044	Basil, fresh	2.5	5.0 leaves	0.02
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.02
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.02
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.02
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.02
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.02
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.02
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.02
08025	Cereals ready-to-eat, Ralston Crispy Rice	33.0	1.0 serving (NLEA serving size = 1.25 cup)	0.02
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.02
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.02
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.02
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.02
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.02
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.02
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	0.02
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.02
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.02
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.02
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.02
20013	Bulgur, cooked	182.0	1.0 cup	0.02
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.02
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	0.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.02
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.02
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.02
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.02
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.02
07043	Luncheon meat, beef, thin sliced	9.3	1.0 slice oval	0.02
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.02
16113	Natto	175.0	1.0 cup	0.02
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.02
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	29.0	0.75 cup (1 NLEA serving)	0.02
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.02
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.02

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.02
14652	Fruit-flavored drink, dry powder, low calorie, with high vitamin C	2.5	1.0 serving	0.02
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.02
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0.02
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.02
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.02
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.02
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.02
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.02
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.02
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.02
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.02
20006	Barley, pearled, cooked	157.0	1.0 cup	0.02
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.02
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.02
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.02
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.02
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.02
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.02
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.02
09216	Orange peel, raw	6.0	1.0 tbsp	0.02
09156	Lemon peel, raw	6.0	1.0 tbsp	0.02
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.02
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.01
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	29.0	1.0 serving (NLEA serving size = 1 cup)	0.01
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.01
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.01
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.01
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	0.01
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0.01
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.01
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.01
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.01
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.01
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.01
08489	Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.01
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.01
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.01
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.01
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.01
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.01
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.01
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.01
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.01
14309	Malted drink mix, natural, with added nutrients, powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.01
01267	Queso cotija	5.0	2.0 tsp	0.01
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.01
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.01
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.01
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.01
06032	Soup, beef broth bouillon and consommé, canned, condensed	124.0	0.5 cup	0.01
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.01
04047	Oil, coconut	13.6	1.0 tbsp	0.01
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.01
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.01
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.01
19303	Marmalade, orange	20.0	1.0 tbsp	0.01
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.01
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.01
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.01
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.01
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.01
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.01
11432	Radishes, oriental, dried	116.0	1.0 cup	0.01
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.01
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.01
16129	Tofu, fried	28.35	1.0 oz	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.01
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0.01
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.01
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.01
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.01
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.01
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.01
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.01
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.01
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.01
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.01
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.01
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.01
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.01
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.01
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.01
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.01
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.01
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.01
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.01
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.01
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.01
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.01
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.01
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.01
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.01
11959	Arugula, raw	2.0	1.0 leaf	0.01
18217	Crackers, matzo, plain	14.2	0.5 oz	0.01
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.01
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.01
18171	Cookies, fortune	28.35	1.0 oz	0.01
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.01
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.01
19294	Fruit butters, apple	17.0	1.0 tbsp	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.01
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.01
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0.01
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.01
09165	Litchis, dried	2.5	1.0 fruit	0.01
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.01
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.01
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.01
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.01
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.01
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.01
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.01
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.01
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.01
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.01
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.01
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.01
02026	Spices, onion powder	2.4	1.0 tsp	0.01
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.01
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.01
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.01
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.01
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.01
11156	Chives, raw	3.0	1.0 tbsp chopped	0.01
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.01
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.01
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.01
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.01
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.01
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.01
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.01

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.01
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.01
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.01
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.01
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.01
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	0.01
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.01
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.01
06099	Soup, tomato vegetable, dry, mix	1.2	1.0 tbsp	0.01
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0.01
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.01
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.01
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.01
08506	Cereals ready-to-eat, Ralston Corn Flakes	28.0	1.0 serving (NLEA serving size = 1 cup)	0.01
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.01
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.01
11216	Ginger root, raw	2.0	1.0 tsp	0.01
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.00
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0.00
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.00
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.00
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.00
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.00
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.00
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.00
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.00
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.00
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.00
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.00
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.00
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0.00
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.00
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.00
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.00
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.00
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.00
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.00
16112	Miso	17.0	1.0 tbsp	0.00
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.00
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0.00
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.00
02055	Horseradish, prepared	5.0	1.0 tsp	0.00
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.00
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.00
01112	Whey, acid, fluid	246.0	1.0 cup	0.00
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.00
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.00
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.00
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.00
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.00
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.00
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.00
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	0.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.00
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.00
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.00
16584	GARDENBURGER, Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.00
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 piece	0.00
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0.00
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.00
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.00
43060	Chewing gum, sugarless	2.0	1.0 piece	0.00
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.00
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.00
23321	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	0.00
02048	Vinegar, cider	14.9	1.0 tbsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.00
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.00
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.00
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.00
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0.00
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0.00
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.00
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.00
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.00
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.00
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.00
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.00
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.00
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.00
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.00
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.00
19296	Honey	339.0	1.0 cup	0.00
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0.00
14627	Energy Drink, Monster	240.0	1.0 serving	0.00
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0.00
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00
14649	Hibiscus tea	237.0	8.0 fl oz	0.00
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.00
14282	Grape juice drink, canned	31.3	1.0 fl oz	0.00
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.00
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	29.8	1.0 fl oz	0.00
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.00
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.00
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.00
01113	Whey, acid, dried	57.0	1.0 cup	0.00
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.00
35147	Tamales (Navajo)	186.0	1.0 piece	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.00
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.00
20027	Cornstarch	128.0	1.0 cup	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.00
08606	Cereals ready-to-eat, BEAR NAKED Banana Nut	57.0	0.75 cup (1 NLEA serving)	0.00
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	0.00
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.00
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.00
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.00
16586	GARDENBURGER, Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.00
21323	McDONALD'S, Sausage Patty	43.0	1.5 oz	0.00
21330	McDONALD'S, Vanilla TRIPLE THICK Shake	266.0	12.0 fl oz cup child size	0.00
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	0.00
43406	Yeast extract spread	6.0	1.0 tsp	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.00
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.00
22996	KASHI, Three Cheese Penne, Frozen Entree	269.0	1.0 package	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.00
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0.00
02050	Vanilla extract	4.2	1.0 tsp	0.00
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.00
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.00
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.00
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0.00
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.00
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0.00
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.00
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.00
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
19163	Chewing gum	3.0	1.0 stick	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.00
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.00
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.00
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.00
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.00
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.00
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.00
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.00
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.00
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0.00
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.00
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0.00
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0.00
19304	Molasses	337.0	1.0 cup	0.00
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0.00
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0.00
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.00
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.00
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00
19353	Syrups, maple	20.0	1.0 tbsp	0.00
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.00
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
19107	Candies, hard	28.35	1.0 oz	0.00
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0.00
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	0.00
28099	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint	31.0	1.0 cookie	0.00
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.00
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.00
01114	Whey, sweet, fluid	246.0	1.0 cup	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.00
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.00
11429	Radishes, raw	116.0	1.0 cup slices	0.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.00
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.00
16122	Soy protein isolate	28.35	1.0 oz	0.00
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.00
01173	Egg, white, dried	28.0	1.0 oz	0.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.00
08607	Cereals ready-to-eat, BEAR NAKED Cranberry Raisin	56.0	0.67 cup (1 NLEA serving)	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.00
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.00
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.00
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	0.00
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.00
16570	GARDENBURGER, Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.00
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 cup	0.00
16603	MORNINGSTAR FARMS Sausage, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	0.00
22938	SPAGHETTIOS, Spaghettios plus Calcium	252.0	1.0 cup (1 serving)	0.00
21331	McDONALD'S, Chocolate TRIPLE THICK Shake	267.0	12.0 fl oz cup child size	0.00

NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)	
			Measure	Per Measure
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.00
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.00
11963	Nopales, raw	86.0	1.0 cup, sliced	0.00
43026	Syrups, dietetic	240.0	1.0 cup	0.00
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0.00
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.00
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.00
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0.00
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.00
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.00
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.00
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.00
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.00
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.00
14021	Beverages, PEPSICOLA, SOBE Energize Energy Juice Drinks	240.0	8.0 fl oz	0.00
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0.00
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0.00
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0.00
14411	Water, tap, drinking	29.6	1.0 fl oz	0.00
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.00
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.00
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.00
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0.00
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.00
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0.00
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.00
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0.00
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0.00
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.00
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.00
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.00
14625	Energy drink, AMP	240.0	1.0 serving	0.00
19300	Jellies	21.0	1.0 serving 1 tbsp	0.00
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.00
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0.00
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.00
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.00
19349	Syrups, corn, dark	328.0	1.0 cup	0.00
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
19355	Syrups, sorghum	330.0	1.0 cup	0.00
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.00
19108	Candies, jellybeans	11.0	10.0 small	0.00
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.00
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0.00
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.00
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.00
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.00
02021	Spices, ginger, ground	1.8	1.0 tsp	0.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.00
01124	Egg, white, raw, fresh	33.0	1.0 large	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.00
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.00
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	120.0	1.0 cup	0.00
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.00
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.00
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.00
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.00
28007	KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.00
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.00
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.00
16579	GARDENBURGER, Original, frozen, unprepared	71.0	1.0 patty	0.00
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.00
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.00
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 biscuit	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.00
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	0.00
21502	KASHI Pizza, Basil Pesto	113.0	0.33 pieces	0.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.00
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.00
21332	McDONALD'S, Strawberry TRIPLE THICK Shake	265.0	12.0 fl oz cup child size	0.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.00
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.00
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.00
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.00
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.00
23313	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0.00
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.00
02047	Salt, table	6.0	1.0 tsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.00
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.00
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00
18197	Cookies, brownies, dry mix, special dietary, prepared	28.35	1.0 oz	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.00
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.00
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.00
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles round	0.00
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.00
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.00
14429	Water, tap, municipal	29.6	1.0 fl oz	0.00
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.00
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.00
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.00
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.00
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0.00
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.00
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0.00
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.00
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0.00
07008	Bologna, beef and pork	100.0	3.527 oz	0.00
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.00
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.00
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.00
19340	Sugars, maple	3.0	1.0 tsp	0.00
19350	Syrups, corn, light	341.0	1.0 cup	0.00
14277	Grape drink, canned	31.3	1.0 fl oz	0.00
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.00
14289	Lemonade, low calorie, with non-nutritive sweetener, powder	1.9	1.0 serving	0.00
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.00
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.00
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0.00